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CPO TV 2006-07 **Matters of the Heart**

BY NANCY BARRETT

The 2006-07 *Catholic Parents OnLine* TV Program will deal with serious matters of the heart. As parents and grandparents living in a relativistic world, too often we are faced with circumstances that challenge our Catholic Faith. Some of the tough dilemmas we might face as we raise our children are as follows: When a son/daughter, niece/nephew, or grandchild decides to marry outside of the Church without going through the proper procedures to ensure that the marriage is blessed by the Catholic Church he or she is essentially leaving the Faith. When the wedding invitation arrives in the mail does the Church tell us that our allegiance is to the young relative or to God? How should parents deal with an adult child who is living with his or her boy/girlfriend? What about the issue of use of artificial birth control? Does the Church offer a definitive answer as to whether such use is really a mortal sin? How does a young married couple respond to the pressures of their parents or grandparents who discourage them from having more than two or three children? What if your elderly parent/grandparent is encouraged to sign an advanced directive that could result in euthanasia? If someone we know has been away from the Church for a long time do we have an obligation as Christians to encourage/assist the individual back into the Church? May a person who lives a good Christian life receive the Holy Eucharist even if he or she isn't Catholic? What if a non-Catholic faithfully accompanies his/her spouse and children to Sunday Mass? Does the Church bend the rules? How do we get along with a spouse or children who are indifferent or even antagonistic toward Catholicism? Many Catholics are misunderstood and thus persecuted by their extended family that is also Catholic. Does the Church offer encouragement to these souls? Is it possible that our sins could ever be too grave or too many to be forgiven by a priest in the confessional? Do we have a moral obligation as Catholics to pray for the dead, visit the sick, give to the poor, and instruct the uniformed? What steps, if any, do we take when as parents our Catholic school tuition is paying for our children/grandchildren to learn spiritual fluff? Do we have a moral responsibility to dress ourselves for Mass in a decorum which is fitting for God and which sets an example for others?



Nancy Barrett, Co-host for CPO TV



Father Robert Altier, CPO Spiritual Director

Beginning this fall, CPO TV will explore eight new topics including *Simple Answers to Tough Questions*, *Divine Mercy*, *The Wisdom and Holiness of the Aged*, *Dealing with Depression*, *The Gifts and Fruits of the Holy Spirit*, *Modest Dress*, *Catechism or No Catechism in our Catholic Schools*, and *Exercising the Spiritual and Corporal Works of Mercy During the Advent and Christmastides*.

Last fall CPO TV was awarded the best faith-based program made for metro cable for the fourth consecutive year. Join Colleen Perfect and Nancy Barrett as they interview Father Robert Altier and other dynamic guests for an enlightening 7th season of Catholic programming. This season you'll want to tune in to CPO TV at 9:30pm on Sunday nights on your Metro Cable Network Channel 6 to settle the matters of your heart. Thanks for watching. God bless you and yours.

Prayer Will Change Your Life

BY FR. ROBERT ALTIER, CPO SPIRITUAL DIRECTOR

Prayer can change all things! This is something we all know and acknowledge, but how many of us truly believe this? Many people get frustrated and quit praying because God “did not answer their prayer.” Most people, even prayerful people, forget to pray when something comes up or they only pray for help if they think they cannot do the task on their own. We have to remember that Jesus said without Him we can do nothing. St. Benedict instructed his monks that they should pray before beginning a task, while they are performing the task and after the task is completed. This is certainly good advice for all of us regardless of our state in life.

There are a few other problems we face when it comes to prayer. Many people only pray when they are in trouble; others quit praying when they are in trouble because they get angry at God for allowing the trouble. Still others quit because their prayer is not answered in the way they expected or in the time they expected. It is with these things in mind that we need to consider the nature and importance of prayer.

We hear from both Jesus and St. Paul that we are to pray always. The purpose of prayer can be fourfold: Adoration, Contrition, Thanksgiving or Supplication. For many people supplication is about the only form of prayer they know; these people only pray for the purpose of asking God for some favor. Just think if you had someone in your life who only called when they wanted something from you. How long do you think you would remain friends with that person? Yet we get upset with God when He does not acquiesce to our demands. Prayer is not about changing God, because God cannot change; prayer is about conforming ourselves to God.

The first three ends of prayer, adoration, contrition and thanksgiving, in that order, are the most important. Supplication is the least important aspect of prayer, even though for many people it seems to be the most important. Prayer does not change God, it changes us. If we were to spend time

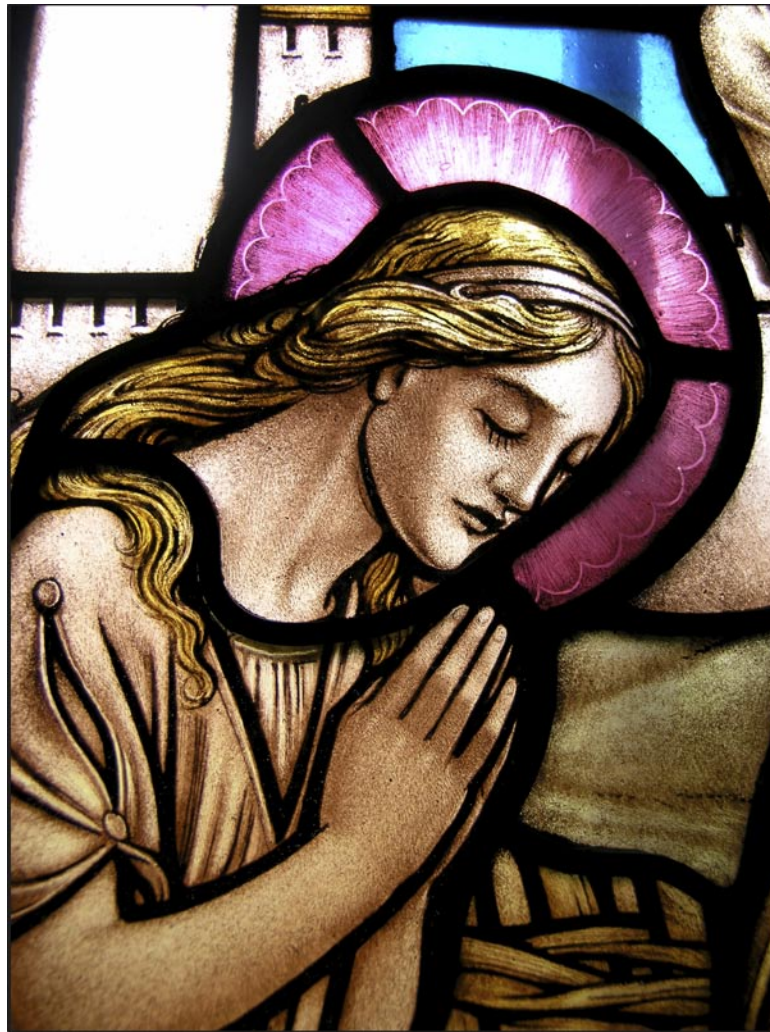
every day praising and thanking God for all He does for us and apologizing for our sins, just think how quickly we would change. This is what gives power to our prayers of supplication.

Often when we pray we are looking for a miracle, but we miss the greater miracle that takes place within us as we become more like the Lord. Prayer helps us to understand that God has everything under control and that nothing happens without reason and without His willing it. Through prayer we learn to trust and we begin to see how God brings a great good out of the very things we were so angry about when they

first happened. Prayer helps us to accept, even gratefully, those things which we would have rejected if we had not been praying.

All of us need to pray every day. This does not mean saying a prayer or two, it means taking some substantial time every single day to spend with our Lord. This will change your life, guaranteed! It will make you more peaceful, more joyful, more faithful, more charitable. It will get you away from the selfishness and materialism of our society and help you to see things from a spiritual point of view and to focus things more on God and neighbor. This prayer will obtain for you the grace to perform the duties of your state in life with greater facility and it will gain for you the strength and courage

to take on what you would never have dreamed possible. Just remember that all things are possible for God and, ultimately, nothing is possible without Him. We have our part to do as we cooperate with God, but before we get ourselves into all kinds of things, we need to pray in order to know that what we are doing is what God wants us to be doing. Prayer can indeed change all things; most importantly, it can change us to become the persons God created us to be.



You Are Called to be a Saint

BY FREDERICK BLONIGEN

Next to Christ and His Mother, the greatest glory of the Catholic Church, and Her greatest contribution to the good of mankind, are the saints. The saints are persons of heroic virtue and extraordinary sanctity. They are individuals who imitate Christ and truly live His saving Gospel. They are persons who take Christ at His word when He says, "You, therefore, must be perfect as your heavenly Father is perfect." Notice Our Lord's words. He is not suggesting that His followers seek moral and spiritual perfection. He is commanding them to live heroically virtuous and holy lives. God, in other words, calls all of us to be saints. When Vatican II reminds all Christians of the universal call to holiness, it was not teaching us anything new. It was simply repeating the heart of the Gospel message.

Saints are as diverse and varied as humanity itself. They are male and female, young and old, rich and poor, learned and unlearned. Some are brilliant intellectuals, such as St. Augustine of Hippo and St. Thomas Aquinas, who used their exceptional minds to explain and to teach the beautiful truths God has revealed. Some are great mystics, such as St. Teresa of Avila and St. John of the Cross, whose writings on the spiritual life inspire us to deep prayer and intimacy with God. Still other saints are persons of tremendous courage, such as St. Thomas More and St. John Fisher, who were willing to sacrifice their very lives rather than compromise their faith. What these saints and all saints have in common is their commitment to always keep God at the center of their lives and to always strive to love God and neighbor more perfectly.

When we read the lives of the saints, we soon learn what qualities of mind and heart are needed to achieve their level of sanctity. First and foremost, the saints were persons of deep prayer. This point cannot be stressed enough. Little prayer produces little sanctity. Deep prayer produces deep sanctity. Unless a person is willing to devote substantial time to meditative and contemplative prayer (always, of course, keeping in mind what is appropriate for one's state in life), that person will not advance in holiness. The reason is obvious. Prayer is intimate communion with God. The deeper the prayer, the deeper the union with God. And what is holiness if it is not profound union with God.

The greatest prayer, of course, is the Holy Sacrifice of the Mass. And the saints are always Eucharist-centered. Participating in the sacramental re-presentation of Christ's Passion, Death, and Resurrection and receiving the Body and Blood of Christ is at the heart of their spiritual lives. In addition, because they are Eucharistic Catholics, the saints invariably spend as much time as possible in prayer before the Blessed Sacrament. The

Eucharist is Christ Himself, the very source of all grace. If one can be with Him, why would one want to be anywhere else. It is only because of much prayer in the presence of the Eucharistic Christ that the saints have the grace to serve God and His people in such heroic ways: teaching the faith, ministering to the sick and suffering, assisting the poor and forgotten. Not long after the election of Pope John Paul the Great, in one of the very first biographies written about his Holiness, a close friend of his was asked to succinctly characterize the new pope. He did so by saying that the best way to describe Pope John Paul II is to say, "he is a man in prayer before the Eucharist." We could say these same words about all the saints.

Another quality we find in the saints is heroic virtue. And

I mean exactly that: **heroic** virtue! The saints do not pick and choose which virtues they will practice: they practice them all to an extraordinary degree. The saints are humble. They know that except for the grace of God they would be the proudest and most egotistical persons on the planet. The saints know how weak and sinful they really are and how much they depend on God's constant help. The saints are patient. They are willing to accept the shortcomings

of others without becoming irritable and angry.

They are willing to accept the daily problems and trials of life without losing their inner peace. The saints are courageous. They are not afraid to speak the truth, regardless of what it costs them. They do not put human respect before respect for God and His will.

Above all, we find in the saints the quality of heroic charity. Since God is love itself and we, as human persons, are made in the image and likeness of God, our purpose in life is to love and to be loved. The saints grasp this truth to the depths of their being. They know that love is the perfection of all virtues. They know that true love, following the example of Christ, is sacrificial and total self-giving. And it is precisely because the saints are so deeply in love with God that they give themselves so completely and so selflessly in service to their neighbor, especially the least of the brethren.

Finally, the saints are those persons who are willing to accept whatever suffering Christ, in His love, allows in their lives and to accept it with joy. Carrying one's cross daily is expected of all who claim to be disciples of Our Lord, as He makes crystal clear in the gospels. But carrying one's cross and enduring life's sufferings with peace and joy requires a strong faith and heroic cooperation with God's grace. The saints are joyful sufferers! They realize that to suffer with Christ and to share in His Passion for the salvation of souls is the greatest privilege afforded human persons. And they are eager to embrace any cross out of love for God. One need only recall the marvelous example of

This point cannot be stressed enough. Little prayer produces little sanctity. Deep prayer produces deep sanctity.

Twenty-Five Easy Ways *to Increase Your Holiness and Improve Your Spiritual Life*

BY JULIE BLONIGEN

1. Attend Mass daily or as often as you are able, in addition to Sunday.
2. While doing housework or yard work or waiting for the computer to boot up, say the Divine Mercy chaplet and/or aspirations, *Jesus, I love you, save souls; Jesus, Mary, Joseph; Jesus, You are my Lord and Savior; Mary, protect me from all sin.*
3. Throughout the day say the Jesus prayer: *Lord Jesus Christ, Son of God, have mercy on me, a sinner.*
4. At the top of each hour, as the clock strikes, recite a *Hail Mary*.
5. Make the sign of the cross every time you pass a Catholic church.
6. Say a prayer or make the sign of the cross every time you hear or see an emergency vehicle—police, fire, ambulance—for driver and victim(s).
7. Sprinkle each room of the house with holy water every day. When you sprinkle yourself say, *By this holy water and by Thy Precious Blood, wash away all my sins, O Lord.*
8. Make a visit—even a few minutes—each day to the Blessed Sacrament.
9. Use casual conversations (suggested by St. Anthony Mary Claret) to bring God into every day life. *E.g., to a clerk hassled by impatient customers, talk about the need for the Christian virtue of patience; to complaints about people's behavior, explain that's how we behave in a society when God is removed from our lives.*
10. On Fridays make the Stations of the Cross at home or in church.
11. Make a holy hour weekly in front of the Blessed Sacrament in a church or adoration chapel.
12. Say at least one mystery of the Rosary each day as follows: Mondays-Joyful; Tuesdays & Fridays-Sorrowful; Wednesdays, Saturdays & Sundays-Glorious; Thursdays-Luminous.
13. Say one decade of the Rosary or the *Divine Mercy Chaplet* on coffee breaks.
14. Each night do an examination of conscience, going over the day's sins and repenting.
15. On waking, offer the day to God, saying, *Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works and sufferings of this day, all for the greater honor and glory of God, in reparation for my sins, and for the Poor Souls in Purgatory.*
16. At bedtime, hold a crucifix in your hand and while on your knees meditate on the wounds of Christ.
17. Name your guardian angel by asking God to show you his name. Talk to him all day!
18. Wear a Christian/Catholic symbol each day (lapel pin, crucifix, etc.) as a witness.
19. Wear a green or brown scapular.
20. Fill your home with Catholic symbols—statues, holy water, crucifixes, holy pictures. When one walks into your home, it should be instantly obvious you are Catholic. And the devil hates these symbols!
21. Each day offer prayers and sacrifices for the Poor Souls in Purgatory.
22. Offer each day's works and sufferings for the intention of some person, living or deceased (*family member who needs conversion, etc.*). Also, make a sacrifice for them or another intention (*e.g. peace*): *give up a favorite dessert; turn down a second helping; wait an hour to read the mail; drink water instead of a favorite beverage; don't turn on the radio and use the silence for prayer, etc.* Be creative!
23. Do something you don't like to do and offer it for a special intention. *E.g., take out the garbage cheerfully; button those button down collars for your hubby rather than having him do it; clean the shower for your wife, etc.*
24. Instead of making a negative remark about a person, hold your tongue and say a prayer for them.
25. Do spiritual reading each day, even if only for 5 minutes: *spiritual classics, lives of saints, the Gospels, the Psalms and so on.*

You Are Called to be a Saint continued from page 3

Pope John Paul II who especially in his last years endured an enormous amount of physical suffering, but he did so without complaint and without losing his joyful spirit.

Sainthood is a great challenge, no question about that. But all who are baptized into Christ are called by Him to accept this challenge and to know that with His help and His grace nothing is impossible. We, too, can be heroically holy. We, too, can be saints. In fact, God made us for that very reason. His invitation is always there. His grace is always there. But the decision is ours to make. Perhaps the French novelist Leon Bloy, in what are now very famous words, said it best when he said that, "in the end there is only one real tragedy in life and that is not to be one of the saints."

Parents Are the Primary Educators of Their Children

BY MARILYN GRUTSCH

Growing up on a farm, I learned early on to have a healthy respect for the intense protective behavior that a mother cow displays if she senses her young calf is in danger. And, even though I have never encountered the occasion of coming between a mama bear and her cub, it's certainly a known fact that she would go to any measure to keep anyone or anything from harming her young. Now that I have been a mother for many years, I can relate to their God-given motherly instinct to safeguard their offspring. However, having been made in the image and likeness of God with a free will and intellect, a human parent's job of protecting our children is more complex and multi-layered. We not only have an innate desire to protect them from physical danger, but also we are concerned for their mental, emotional, and spiritual welfare. As our Catholic faith teaches, parents have a duty to educate their children in faith and morals with our ultimate goal of helping them get to Heaven. This can be a difficult task in today's society where our children are bombarded with pornography, drugs, promiscuity, and promotion of immoral behavior in our media and in the general culture; and, as Pope Benedict XVI warned us in the early days of his papacy, we must also be aware of the great dangers of modernism and moral relativism. Thankfully, as Catholic parents, we are not left abandoned to do this on our own. As is stated in the Catechism of the Catholic Church, ... in a Christian marriage the spouses are strengthened and, as it were, consecrated for the duties and the dignity of their state by a special sacrament. CCC #1638.

This is the very reason *Catholic Parents OnLine* exists: to assist parents in safeguarding their children's Catholic faith, which encompasses the entire person's physical, mental, emotional, and, most importantly, spiritual well-being. And, although the Catholic Church is here to help us, she respects the dignity of the role God has given us as parents, to be the primary educators of our children. This is not only our right, but our responsibility, as is stated in an Apostolic Exhortation:

The right and the duty of parents to give education is essential, since it is connected with the transmission of human life; it is original and primary with regard to the educational role of others on account of the uniqueness of the loving relationship between parents and children; and it is irreplaceable and inalienable and therefore incapable of being entirely delegated to others or usurped by others. Familiaris Consortio, 35.

In 2002, after the public became aware of the sex scandals in our Church, the Bishops appointed a committee to put together a program to create a safe environment for our children in our churches and schools. It seemed like a great idea to alleviate the problem, and parents certainly were in favor of keeping our kids safe. However, when some of the recommended programs were revealed, the "mama bear" came out in some of us as we saw red flags with the discrepancies between what the Catholic Church has always taught and what was being proposed to be taught to our children. The Vatican document prepared by the Pontifical Council for the Family, *The Truth and Meaning of Human Sexuality*, stresses not only the importance of parents being primary educators in this regard, but also that the children's stages of development must always be respected and protected. *It can be said that a child is in the stage described in John Paul II's words as 'the years of innocence' from about five years of age until puberty.... This period of tranquility and serenity must never be disturbed by unnecessary information about sex. Familiaris Consortio, 78.*

In early Spring, our Archdiocese recommended the program *Talking About Touching* for our elementary aged children. After reviewing its contents, it was plain to see that it is contrary to the directives given by the Church in her documents regarding this matter, *The Truth and Meaning of Human Sexuality* and *Familiaris Consortio*.

It was amazing to watch Catholic parents in action as they had to quickly respond to inform and educate other parents of

CONTINUED ON PAGE 6

10 REASONS NOT TO USE TALKING ABOUT TOUCHING

- Violates Catholic Teaching
- Disregards parents' rights
- Never mentions virtues or sins
- Age inappropriate
- Explicit sexual language will likely damage the natural innocence of children
- No mention of right or wrong
- Connections with anti-family organizations
- Difficult process for parents to opt out
- Costs each parish hundreds of dollars
- Parents should fight child abuse --not pay for it

10 REASONS TO USE CHRISTIAN FORMATION IN CHARITY

- Contains authentic Catholic teaching
- Parent centered
- Formation in virtues and the Sacraments
- Affirms the natural bond that exists between parent and child
- Teaches from the Catholic Catechism
- Intimate details of human development are always reserved to parents
- Uses the "Truth and Meaning of Human Sexuality" as a guideline
- Meets the safe environment guidelines of the U.S. Bishops' Charter
- Can be downloaded from any computer
- Absolutely free of charge

CPO sponsored an advertisement in both Minneapolis and St. Paul newspapers to bring this information out to the general population of Catholics in the Twin Cities. In this 2/3 page ad, the two programs were compared and contrasted using the above listed points.

ARTHUR A. HERKENHOFF AWARD

Do you know someone who shines in the areas of Faith, family, pro-life involvement, courage, charity and joy?

The Board of Directors of *Catholic Parents OnLine* seeks the names of individuals who would be worthy of nomination for the Second Annual Arthur A. Herkenhoff Award. The persons nominated should exhibit the same qualities, principles and values which characterized the life and person of Art Herkenhoff, namely, **Faith, family, pro-life involvement, courage, charity and joy**. This year's award will be presented at the CPO Annual Fundraising Luncheon to be held on Saturday, October 28th. **Please submit your nomination by October 1st!** You may complete the Online Nomination Form at: www.catholicparents.org or contact us at 952-882-6704 and we'll be happy to mail you the form!

At last year's annual CPO Luncheon & Fundraiser held at the Town & Country Club in St. Paul, Mrs. Jenifer Lataweic was the worthy and joyful recipient of the (first) 2005 Arthur A. Herkenhoff Award. Sharing her joy in this honor, pictured from left to right in the photo are Mrs. Colleen Perfect, CPO President, Mrs. Arthur (Kathleen) Herkenhoff, Mrs. Jenifer Latawiec, Mrs. Mary (Herkenhoff) Mattheisen and Elizabeth Herkenhoff.

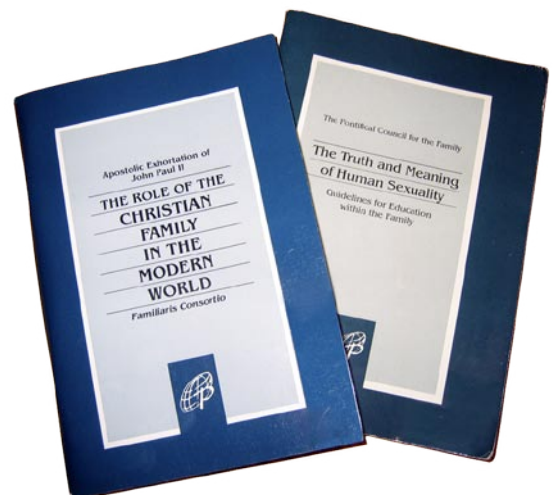


Parents Are the Primary Educators continued from page 5

our diocese in order for as many as possible to become aware of what was about to be taught in our schools and CCD programs. CPO and a grass roots group of parents called "Primary Educators" were among the groups who worked tirelessly in this effort. Thankfully, Archbishop Flynn responded to parents' concerns by allowing parishes to petition for an alternative pre-approved program to be used. As a result of this, many parishes in our Archdiocese will now be implementing a program called *Formation in Christian Chastity* which was originally designed by the Harrisburg, Pennsylvania diocese.

The Catholic choice seems obvious. The response by parents has been a tremendous statement of their desire to follow the guidance of our Holy Mother Church in the awesome privilege and responsibility of educating our children in faith and morals. This should be a reminder to us that we, as parents, should always monitor what our children are being taught, especially in the areas of religion and sexuality. Our website continues to list the programs used in many of our area Catholic schools as well as posting reliable reviews of these programs.

We should not be disheartened by these stumbling blocks along the way, but instead should accept this as an opportunity to learn (or re-learn) what the Church teaches. Think about how we all become more alert to safe driving after we've had an accident or after we have to read the driver's manual to renew our driver's licenses. Being confronted with *Talking About Touching* has forced many of us to dust off and read some of the great Church documents, such as *The Truth and Meaning of Human Sexuality*, which are powerful treasures of our faith. Sometimes we don't hear God until we have to face some dilemma like this. Maybe these are His subtle ways of bringing us deeper with His loving guidance.





Catholic Parents
online

friends

&

family

Getting hugs on the CPO TV set:
Meghan Perfect, Fr. Robert Altier,
and Mary Perfect



Dedicated
CPO TVCrew:
Volunteers Joe Kolles,
Audio Technician,
Amy Campbell and
our talented Director,
Miguel Campbell



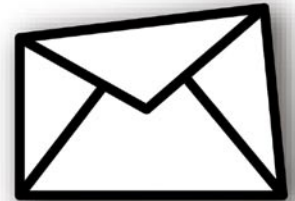
Richard Layer, CPO
Board Member,
explains important
mission of CPO



Nancy & Paul Barrett by
their delicious home-made
soup for CPO Retreat



Serving lunch for our 2006
Lenten Retreat: Ellie &
Kaitelin with their Mom, CPO
Board Member, Terese Jensen



From the CPO Mailbag

A million thanks to you for all your hard work! I received the 6 DVD's of Is Your Child at Risk? (Virtus -Protecting God's Children). I am so grateful to know you are there providing valuable information. To my amazement, many parents in my school didn't realize there was a controversy. I have directed many of them to you! Thank you again!

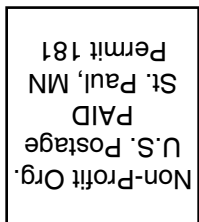
I so enjoyed reading your newsletter. I use Fr. Altier's examination of conscience and after I found it on your website, it was actually recommended to me by a very orthodox priest which enforced my appreciation for it. Thank you for your faithfulness and all you do to promote it in others.

Best wishes in your endeavors to promote holiness and reverence for our Lord and His Church.

We received your DVD: Is Your Child at Risk... Your work is so critical... thank you for all your hard work and inspiration. I will continue to pass on the message of CPO along with your website. You all are answers to our prayers.

The following is an email response from our emergency email funding appeal this summer:

As an email recipient of CPO, I implore all other recipients to send CPO at least \$10.00. It's well worth your investment and continues the fine work of CPO. Not only that, you would be, in essence, saving the Catholic faith within this archdiocese with your contribution. I say this because CPO seems to be the only entity trying to preserve and safeguard the Magisterium. God be with you!



President's Letter

Dear Friends,

Bravo to all the parents, grandparents and concerned Catholics in the Archdiocese of St. Paul and Mpls. who urged pastors or principals to use the *Formation in Christian Chastity* (FICC) program in place of the secular, age-inappropriate *Talking About Touching* (TAT) program. **We now have 52 parishes using FICC!** There are still 37 “undeclared” parishes which hopefully will be considering FICC. While this news is a very hopeful sign of Catholic parents standing strong as the **primary educators of their children**, it is still very unfortunate for the many innocent children who will be subjected to TAT this coming school year. Parents, if your parish is implementing TAT, remember that **you have every right to remove your child from the TAT program**. The US Bishops now understand that parents have grave concerns and just last May issued new regulations allowing parents to remove their children from these diocesan-sponsored “safe environment” programs. You can find the article online at:

www.catholic.org/national/national_story.php?id=19855

Remember, you do not need a form/letter to opt your child out of a “safe environment” or “sex ed” program. No diocese, parish or Catholic school has the right to demand that parents submit their child to any program involving sexuality. Pope John Paul II underlined that right in his 1981 encyclical *Familiaris Consortio*. However, there is an official “**Student Opt Out Notice**” from the Pro-Family Law Center which is valid in all 50 states, for anyone who wants to put it in writing. You can find this notice online at: www.abidingtruth.com/_docs/resources/6505841.pdf

We continue to update our **website** with valuable resources for parents and teachers. This year we have added a new **religion text review of Faith First** (2nd and 6th grade texts) published by Resources For Christian Living, Allen, Texas. See: catholicparents.org/religiouseducation/schooltexthtml

CPO TV proves to be an excellent tool in evangelizing and catechizing. For example, a young woman called us to say she was surfing the TV channels and came across our show on the Cardinal Virtues. She explained how she was a baptized Catholic but has been away from the Church for many years. Recently she had a deep desire to learn more about the Catholic faith and was thrilled that our show helped her understand many things of which she had no knowledge. She wanted to know how she could learn more about the basics of the Faith, and of course we were able to offer her several good Catholic resources to get her started!

As you know, CPO has undertaken massive efforts this year to provide information to Catholics about the introduction of the Virtus and “Safe Environment” programs that are being implemented across the nation in general and the Archdiocese of St. Paul and Minneapolis in particular. These efforts have not come without a price and we are in dire need of financial help to continue our work. If you cannot attend our **Annual Fundraiser Luncheon** next month (see enclosed flyer) *please* consider making a contribution to CPO in the enclosed envelope. A Holy Mass is offered every month of the year for the intentions of our benefactors.

God bless you and yours,
Colleen Perfect